



WILMINGTON
DERMATOLOGY
C E N T E R

Instalift

Pre-Treatment Instructions

1. Please arrive at the office without make-up. It allows pre-procedure photos to be taken.
2. Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, fish oil, Ginger, Ginko Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
3. To further decrease the risk of bruising you may start Arnica or Arnica/Bromelin supplements one day prior to your procedure and continue for a few days following the procedure. Arnica gel may be of benefit for use post procedure to help reduce bruising. These may be purchased in our office or can be found at any health food store.